

In the Specification

Please amend page 28, line 13 as indicated below:

On the other hand, the energy threshold value required for recording of 1 bit was lowest
~~(250 nJ) (250 pJ)~~ with respect to laser light of 1 picosecond to 10 picoseconds, and because of
this, there was a tendency for the pulse width to increase gradually. By setting the pulse width to
be 5 nanoseconds or less, the energy threshold value was suppressed to 10 nJ or less.